

## Exercise Comes Knocking at the Door

By Jennifer Wake



Christy Dalton works with two clients in the backyard of an Orinda home Photo Jennifer Wake

It is one thing to have a personal trainer at the gym, but it is quite another when a trainer knocks on your door and pulls you off the couch to get moving. The two owners of Fit Chix in Orinda do just that.

Christy Dalton and Melissa Aycock understand the psyche of the exercise adverse. Prior to starting Fit Chix over a year ago, Dalton and Aycock spent the past 15 years working as group fitness instructors and personal trainers at health clubs throughout the Bay Area.

"For a few years, I tinkered in outside sales and various corporate positions, but knew soon enough that my area of strength and interest was in fitness," said Dalton, a Saint Mary's College alumna. It was difficult for both Dalton and Aycock to sit all day and be on an 8 to 5 schedule after college, and both found themselves planning evening workouts for group fitness classes or client training programs.

Now in their second year of their in-home personal training business, which offers both individual and group training sessions at homes and locals throughout Lamorinda, both Dalton and Aycock practice what they preach: they maintain a healthy lifestyle through both diet and exercise (and that's putting it lightly).

Long-time running partners, the idea for Fit Chix came to Dalton and Aycock (who consider a 9-mile run as a way to limber up) over the course of a few long runs. Dalton has completed five marathons, with the most significant being the San Diego Rock-n-Roll marathon where she ran her personal record of 3:12. This placed Dalton eighth in her age division and the 39th overall female finisher. She recently placed first in her age group (third overall woman) in the Lafayette Reservoir Run 5k with a personal record time of 19:26 (6:16 per mile pace).

Aycock placed in the top 50 woman at the Primo's Half Marathon, finishing 18th out of 88 in her age group with an overall time of 1:48, and has completed three marathons. She also completed the World's Toughest Half Ironman (1.2 mile swim, 56 mile bike and 13.1 mile run) in Auburn, Calif.,

two years ago. She came to the Bay Area as a trip leader for the Berkeley-based active travel company, Backroads. "I led trips all over the world (cycling, hiking, kayaking, etc.) full-time for three years and then wanted to take a little break to have a 'real life' for awhile," she said.

Weight training is also a big part of their routine. "I emphasize to my clients that you can do cardio work everyday, but you will not see results like you will once you add weight training to your program," Aycock said.

The two trainers strive to make it easier for the modern day busy woman to fit their workout in by bringing all of the equipment to their home and training them there.

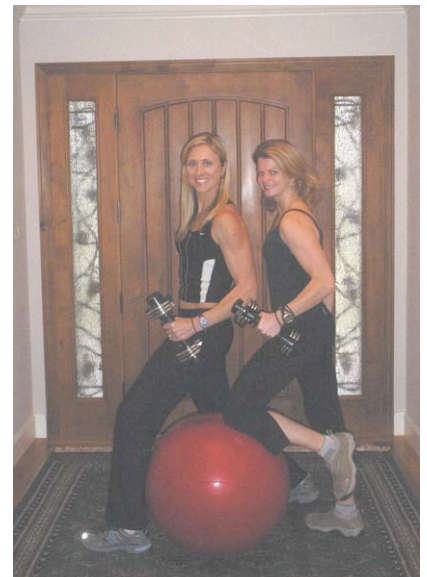
"We complete a full fitness assessment and health evaluation, determine personal needs and goals, create individualized programs to help achieve goals, provide motivation and current industry information, and perform follow up assessments to determine program effectiveness and satisfaction," Dalton said. "Our client base ranges from people just beginning a fitness routine, to seasoned athletes just needing a change in their current regimen. We work with all age ranges and the benefits for older clients are the same for any age - stabilized blood pressure, ideal body weight, increased stamina and bone density, improved body image and overall fitness level."

Costs for this type of personal training range between \$50-90 per hour, depending on what level of expertise your trainer has and what services they provide. Fit Chix offers small group personal training sessions with (2-4 clients) at a reduced cost. Joining a larger circuit training group can lower costs as well.

"Basically it is all relative to what you want to get out of your workouts," Aycock said. "Although most people will hire trainers as a way to jump start their workouts or to motivate clients who have specific goals it is not necessary to have a trainer for every workout that you do."

"But since Fit Chix shows up at your doorstep," added Dalton, "there is no escaping your workout that day."

For more information about Fit Chix, you can e-mail them at [melissaaycock@gmail.com](mailto:melissaaycock@gmail.com).



Fit Chix founders Christy Dalton and Melissa Aycock